

## Full Report (All Nutrients) 45107461, ZATARAIN'S, FISH FRI, SEAFOOD BREADING MIX, SEASONED, UPC: 071429024373

Powered by [LabelInsight](#)

**Report Date: June 05, 2017 11:09 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	2.0 Tbsp 17g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	60	353
Protein	g	--	--	1.00	5.88
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	13.00	76.47
<b>Minerals</b>					
Iron, Fe	mg	--	--	1.80	10.59
Sodium, Na	mg	--	--	630	3706
<b>Vitamins</b>					
Vitamin A, IU	IU	--	--	100	588

### Lipids

### Amino Acids

### Other

### Ingredients

ENRICHED CORN FLOUR (CORN FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SPICES (INCLUDING RED PEPPER), NATURAL FLAVOR, MONOSODIUM GLUTAMATE (FLAVOR ENHANCER), GARLIC, ONION, AND LEMON JUICE CONCENTRATE. *Date Last Updated by Company:* 05/16/2016